# MAN TAKES HOME $3M POKER PRIZE, PG 4

The world's largest global newspaper

metro

OTTAWA • MONDAY, JANUARY 12, 2009 metronews.ca

## Canada Post raises cost of snail mail

**POSTAGE** Starting today, the price of sending snail mail takes a jump.

The cost of mailing a first-class letter within Canada will increase from 52 cents to 54 cents.

Letters to the United States increase by two cents to 98 cents, while letters to all other foreign countries go up five cents to $1.65.

Crown corporation Canada Post had also previously proposed increasing postal rates for thick envelopes that are widely used to ship Internet purchases by 100 per cent, although they said in a statement that it was not introduced.

METRO OTTAWA


**Workology** pg 10

Real forensics take patience



**Going Green** pg 7

## Save money and the Earth


**Celebrity Buzz** pg 14

Paris says she's a rules girl

Awards

## Golden win

LUCY NICHOLSON/REUTERS

Kate Winslet clutches the award for best supporting actress for The Reader at the Golden Globe Awards yesterday. Winslet also won best actress for Revolutionary Road. Heath Ledger, inset, won best supporting actor posthumously for his role as the Joker in the Batman flick The Dark Knight. More coverage, pg 12

# Cities rally for Israel, Palestine

**Thousands of demonstrators poured onto the streets of major European cities yesterday to protest for a second day against Israel's assault on Gaza, but there was no repeat of Saturday's widespread violent clashes with police.**

Around 30,000 people demonstrated in Brussels, some carrying models of bloodied Gaza children, while more than 1,000 formed a human chain to march through Rome as Italy's defence minister warned Muslims against provocative prayers in public squares.

"Enough with the bombs, enough with the massacre, enough with the Gaza occupation, enough with the destruction of lives and houses and enough with the death of children," said Chiara Palladini, a demonstrator in Rome.

Smaller numbers of supporters of Israel also made their voices heard, in London, Manchester and Prague.

In Dublin they gathered waving Israeli flags and singing psalms in lashing rain, separated by a police barricade from a rival pro-Palestinian rally.

"Israel is the only democracy in the Middle East and has a right to defend itself," said Annette Horseman, 43, from Dublin.

A London gathering of 4,000 pro-Israel demonstrators, some carrying Israeli flags and placards saying "End Hamas Terror!", passed off without a repeat of Saturday's violent scenes, when about 20,000 Palestinian supporters confronted riot police.

Israeli forces edged into Gaza City, yesterday killing at least 29 Palestinians on the 16th day of the offensive, which continued in defiance of international ceasefire calls. REUTERS


MORE GAZA COVERAGE, PG 5


**ShareYourViews**

ottawaletters@metronews.ca

# City, transit union back in mediated talks today

**STRIKE** In the wake of the union's resounding "No" vote on the city's latest contract offer, both sides of the transit strike will meet with a federal mediator today.

City spokesperson Mike Fitzpatrick said the city is meeting this morning and the union is expected to meet later today.

The city is interested in discussing any new proposals from the union prior to Wednesday's city council meeting, but city manager Kent Kirkpatrick wrote "these proposals must be within the overall economic mandate that council had approved in support of the city's last offer."

After the city's latest contract offer was rejected by 75 per cent of the 2,045 union members who voted, the city announced measures to mitigate the impact of the strike on residents.

Beginning this week, residents can receive a partial reimbursement for their December bus pass at city client service centres. A fund has been set up for people who have lost or are at risk of losing their job, due to the strike. Residents can apply for two weeks of emergency funding for mobility needs by calling 3-1-1.

The city is also working with the taxi industry, issuing taxi credits and special temporary licences.

The Transitway is being opened to organized shuttles. To apply for a Transitway permit, call 613-842-3600.

TIM WIECLAWSKI/METRO OTTAWA

Looking for work?

WITH ANY NEW REGISTRATION
FROM JANUARY 7 TO JANUARY 30, 2009
YOU WILL BE ENTERED INTO A DRAW
TO WIN A TRIP! ($2,000 value)

▶ For more details visit: www.clapersonnel.ca

Information

613-567-0045
www.clapersonnel.ca

C.L.A. PERSONNEL



Free Daily News Group Inc., operating as Metro Ottawa 130 Slater Street, Suite 300, Ottawa, Ontario K1P 6E2. Publisher: Bill McDonald

FOR MORE INFORMATION GO TO WWW.SALEEVENT.CA

FOR MORE INFORMATION GO TO WWW.RWKIDS.COM

# REVLON & Johnson & Johnson INC.

# WAREHOUSE SALE

## Cosmetics
**Including:**

Almay • Colorstay • Moisturestay • Nail • Mascara • Superlustrous • Moondrops • Blush • Powder • Foundation • Pencils • Skin Lights • Treatments • Implements • Frost-N-Glow • Custom Effects By Revlon and more...

Clean & Clear · BAND-AID · Neutrogena

REACH · Purell · Aveeno

K-Y BRAND · LISTERINE · Visine

Tylenol Roc · Zantac Rembrandt · Motrin Benylin

# All Products up to 75% off

## Unbelievable Selection Of Fine Beauty Aids...
## Don't Miss This Incredible Sale!

Products may not be exactly as illustrated

# 5 DAYS ONLY

Formerly Known As the OshKosh & More Sale

## The R.W. Kids SUPERSALE

UP TO 75% OFF!

## INFANT TO 6X CLOTHING

Levi's — sizes 12m to 6x

kushies baby bébé — sizes Preemie to 24m

OshKosh — sizes 12m to 6x

| | |
|---|---|
| Scribbles PJ's | $9.99 |
| Kushies Accessories | 5 for $9.97 |
| Balance Sample Winter Jackets & Snowpants | $19.97 |
| Girls' Dresses | $10.97 |
| Kids' Books | from $1.00 |

**Super Special**
**Kushies Velour Sleepers** $8.97 Compare $28

## FASHION APPAREL MENS & WOMENS

**DICKIES MEDICAL SCRUBS**
Sizes XS-2XL
each $11.99
2 for $20.00

**NIKE**
Fleece tops, hoodies, fleece pants
All $19.99

**ROOTS**
Fleece tops, hoodies, fleece pants, t-shirts
$9.99 - $19.99

**WHERE:** NEPEAN SPORTSPLEX
HALLS A & B
1701 WOODROFFE AVE.

**WHEN:** Wed. Jan. 14th to Sun. Jan. 18th

**HOURS:**
Wed. - Fri. 10am - 8pm
Saturday 10am - 6pm
Sunday 11am - 5pm

VISA · Interac · MasterCard · CASH

FREE PARKING!
FREE ADMISSION!

FOR MORE INFORMATION GO TO WWW.SALEEVENT.CA

274371

**Blood drives slowed by lack of transit**
The unavailability of public transit has had an impact on blood collection in the nation's capital, Canadian Blood Services said recently. In the last month, the organization has seen increases of 10 per cent in no-show rates and nine per cent in cancelled appointments. A total of 388 donors have missed their booked appointments. METRO OTTAWA

# Local

## Charges laid in TD robberies

**Police recently charged an 18-year-old Ottawa man in connection with three robberies at TD Canada Trust locations on Strandherd Drive, Merivale Road and Bank Street on Oct. 8. Dwight Brown is charged with attempted robbery, intimidation, three counts of disguise with intent to commit a crime, uttering threats to cause death or bodily harm and three counts of failure to comply.** METRO OTTAWA

# Telethon raises funds, hope

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

**Brenda Troke is receiving her fifth chemotherapy treatment today.**

After developing "a deep, heavy, pneumonia cough" almost a year ago, she was finally diagnosed with Hodgkin's Lymphoma on Sept. 18.

"It was a huge relief in a very strange kind of way," she said, "All of a sudden it was like, OK, now I know what's wrong."

The survival rate for Hodgkin's is above 90 per cent, but treatment is not easy. Troke said she spends nearly a week after each chemo session sick and in a lot of pain.

Fortunately, she said, she has the support of friends and family, as well as the Ottawa Regional Cancer Foundation.

Troke is planning a fundraiser for April 4 at the Kent Street Legion to celebrate getting through treatment and her 37th birthday.

Yesterday, she was at the St. Laurent Mall to help the Ottawa Regional Cancer Foundation Telethon of Hope raise $4,643,950.

Although the total was down from 2008, "we're very pleased," said the foundation's Lianne Ward.

The funds help the foundation achieve their four priorities of reducing wait times, ensuring people can access care close to home, improving quality of care and using the newest, most innovative therapies.

Ottawa is one of the world's leading cancer research areas. At any moment, there are up to 100 clinical trials open in Ottawa, said Dr. Susan Dent, an oncologist at the Ottawa Hospital Cancer Centre.

One trial expected to open in the next few months aims to identify proteins that promote the growth and spread of breast-cancer cells in order to develop more targeted therapies that would reduce side-effects.

TRACEY TONG / METRO OTTAWA

Brenda Troke, 36, shares a moment with her cousin, Jeremie Lamothe, 6, at the 12th annual Ottawa Regional Cancer Foundation Telethon at the St. Laurent Mall yesterday. Troke, who is currently undergoing treatment for Hodgkin's Lymphoma, and Lamothe, a brain tumour survivor, attended to show support.

# Recession sending some back to school

**EDUCATION** For many Ottawa residents, recession, resulting in job losses, can mean going back to school.

And while Petra Watzlawik-Li saw adults furthering their education as mature students before the recession, she may very well see an influx now.

"A lot of people are going back to college, so I'm sure that will be the same for university," said the bridging program co-ordinator and centre for initiatives in education instructor at Carleton University.

The 13-week non-profit program, which has been running at Carleton for the past seven years, allows prospective students ages 21 and older to see if university is suited to them.

The latest round of courses, which start at the end of the month, can lead to taking university courses for credit in the fall.

"It's really for people to see what their options are," Watzlawik-Li said. "We seek to help students overcome barriers to post-secondary education, such as lack of prerequisites, specific academic skills, and confidence."

Although it's an option for people who are out of work, many students are employed as well.

"It helps people upgrade their skills for jobs," Watzlawik-Li said, adding that many students in the program may not have thought they were capable of tackling university courses.

"The course gives a very good idea of how much time they would spend on a course, how long it would take them to do readings and assignments," she said. "It takes the mystery away."

TRACEY TONG / METRO OTTAWA

# Winter sports fans good to go in Ottawa-Gatineau

**RECREATION** While the winter season is undoubtedly wearing on many people, cold-weather sports enthusiasts have it made in the National Capital Region.

If you must go through winter, Ottawa-Gatineau is the place to do it, a spokeswoman for the National Capital Commission said.

"It's a great region to experience a true Canadian winter and all the joys that come with it," said Julie Rocheleau. "We try to give people a reason to look forward to it."

Every winter, close to 250,000 people visit Gatineau Park to access the cross-country ski trails and the snowshoeing and hiking trails, said Rocheleau.

The park, which has more than 200 kilometres of cross-country ski trails, also has 35 kilometres of marked snowshoe trails, 10 kilometres of hiking trails, rest areas, fire pits and benches.

Although a pass is required to access the cross-country ski trails, snowshoers and hikers can access the trails for free if they bring their own snowshoes. If they don't, snowshoes are available for rent at the Gatineau Park visitors' centre at 33 Scott Rd. in Chelsea for $5 an hour or $15 for the day.

"You can also push the winter experience further and try a winter cabin," she said. Cabins can be reserved through the visitors' centre.

TRACEY TONG / METRO OTTAWA

### More destinations

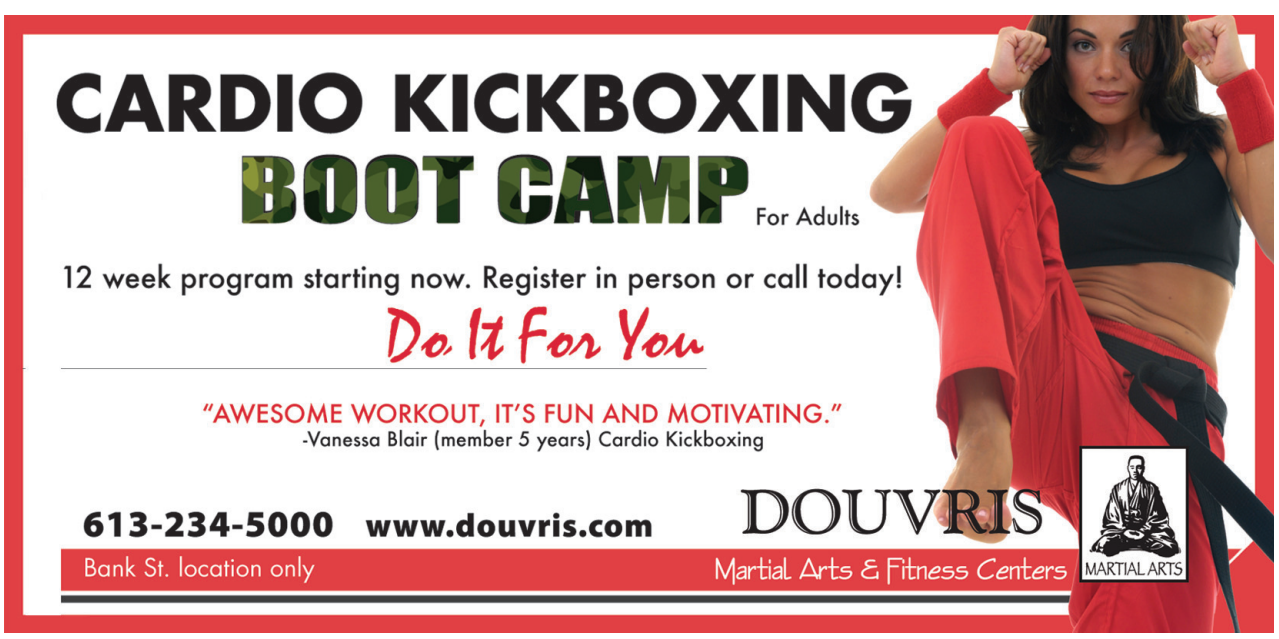
- Aside from Gatineau Park, there are cross-country ski trails in the Greenbelt, as well as two toboggan hills at Conroy Pit and Bruce Pit.

### Lotteries

Friday, Jan. 9
**Lotto Super 7:** 8, 12, 24, 26, 31, 37 & 41. Bonus 2
Saturday, Jan. 10
**Lotto 6/49:** 11, 17, 18, 25, 27 & 34. Bonus 19
Sunday, Jan. 11
**Ontario Pick 3:** 6 4 2;
**Ontario Pick 4 :** 8 8 8 3;
**Encore:** 7626887;
**Daily Keno:** 6, 8, 9, 10, 11, 12, 15, 16, 21, 26, 32, 35, 45, 48, 52, 59, 61, 67, 68, 70.
These results are not official.

### metronews.ca
WHAT'S ONLINE TODAY

**Video** New Brunswick van crash victims remembered at **metronews.ca/canada**
**Video** Remembering when the army dug Toronto out from the snow at **metronews.ca/canada**



**Prison still in lockdown days after fight**

A Manitoba prison remained in lockdown yesterday, a day after a major fight involving about 100 inmates sent a handful of them to hospital. Prisoners at the Stony Mountain Institution, 25 kilometres north of Winnipeg, could be confined to their cells for days while the RCMP investigates, a prison spokesman said. **CBC NEWS ONLINE**

# Canada

## Bag fees to fund WWF

**The Loblaw grocery chain in Toronto will begin charging customers five cents per plastic bag today and says "partial proceeds" from the fee will go to World Wildlife Fund-Canada. The chain announced the ongoing donation yesterday, but said it won't reveal how much of the money goes to the conservation group until April, when its pay-for-plastic initiative goes nationwide.** TORSTAR NEWS SERVICE

# Ontario man wins poker prize

**A 22-year-old from Richmond Hill has won a record $3-million first prize in the largest poker tournament outside Las Vegas.**

Poorya Nazari, who recently graduated from biochemistry from McMaster University, is relatively new to professional poker, but the game has been a hobby for many years.

He started in Grade 10, playing small-stakes games with friends.

> **"I'm trying my best not thinking about the money."**
> Poorya Nazari

For several years he has played — and won considerable spending money — online at PokerStars, the largest online poker card room in the world.

This year's PokerStars Caribbean Poker Adventure tournament — with more than $12.5 million in total at stake — brought in 1,059 PokerStars players, 746 of whom had won their seats online, including Nazari.

Asked about his strategy before the game by PokerStars, Nazari conceded to the factor of luck and said, "I'm very patient."

"I'm trying my best not thinking about the money, because it would start toying with the way I would play," he said.

During the last hand, he scraped a win out of a pair of 10s, while his opponent had Queen high — both relatively dismal hands.

TORSTAR NEWS SERVICE

## Edmonton **Suspicious fire**

BEN LEMPHERS/FOR METRO CANADA

Neighbours confirmed a house that went up in flames Saturday was that of former Syncrude president, Jim Carter. The Edmonton police arson unit is investigating the blaze.

# Lawyers defend 'two-beer' breathalyzer defence

**LEGISLATION** New federal legislation that virtually abolishes a "two-beer" defence to an impaired-driving charge is being pulled into court for a legal spot check.

Before the new legislation took effect last July 2, people accused of driving with more than .08 milligrams of alcohol in 100 millilitres of blood — particularly if they were only marginally over the limit — would often argue they had consumed just two beers. They might also say they drank the last one not long before the breath test, which could have resulted in more alcohol in their breath than in their blood.

Under the new changes, part of the federal government's Tackling Violent Crime Act, accused people who want to challenge a breathalyzer result are now required to provide the court with technical evidence proving the equipment was malfunctioning or wasn't operated properly.

**Rights**

- Some lawyers say the legislation is unconstitutional.

The first step in the legal challenge begins today when defence lawyers and the Crown appear in the Superior Court of Justice in Toronto for arguments over which level of court should hear the challenge. TORSTAR NEWS SERVICE

## **News** in brief

**KHADR** Documents obtained by Torstar News Service indicate that Canadian government lawyers have repeatedly raised concerns about the U.S. prosecution of Omar Khadr since he was only 15 when captured, while publicly, Prime Minister Stephen Harper has supported the war-crimes trial.

**OBAMA** Barack Obama will visit Canada in his first international trip as U.S. president, the office of Prime Minister Stephen Harper said Saturday. No date for the trip was provided, but the statement said it would be Obama's first foreign trip as president.

METRO NEWS SERVICES

OLG Slots at Rideau Carleton Raceway - Your Mini Holiday!

**Attention Ladies!**

**Thursday Night is Ladies Night at OLG Slots at Rideau Carleton Raceway!**

Visit the Winner's Circle Rewards desk between 5:00pm and 8:00pm to receive your FREE Ladies Night gaming package* that consists of:

- $5 Restaurant Voucher!
- FREE Ladies Night gift!
- Ballot for Hourly Cash Draws!
- Draw ballot for a chance to WIN a $1,000 Shopping Spree!

**Must be in attendance to win.**
**Visit the Winner's Circle Rewards desk for details.**

Exciting Slots • Casual Dining • Fun Promotions • Lots of Winners!

**Bonus Ladies Night Ballot!**

Redeem this coupon at OLG Slots at Rideau Carleton Raceway's Winner's Circle Rewards desk for a ballot to enter the LADIES NIGHT Draws for a chance to WIN a $1,000 Shopping Spree to be held on Thursday, January 8, 15, 22 & 29, 2009 at 9:00 p.m.

Limit one coupon per person, per day during the promotion from January 8 - 29, 2009.

Name: _____ Winner's Circle Rewards# _____ (if applicable)

OLG Slots at Rideau Carleton Raceway
AT RIDEAU CARLETON RACEWAY
Your mini holiday.

OLG Slots at Rideau Carleton Raceway
4837 Albion Road, Ottawa, ON
(613) 822-8668 or 1-877-870-7586
Open 24 hrs a day, 7 days a week.
OLG.ca

Know your limit, play within it!
THE ONTARIO PROBLEM GAMBLING HELPLINE 1-888-230-3505

Must be 19 years of age or older. Valid government-issued photo identification may be required. No purchase necessary. Must be in attendance to win. Please visit the Winner's Circle Rewards desk for complete rules and regulations. *Open to female Winner's Circle Rewards members only. Limit one package per member per promotional Thursday. Hourly cash draws held at 6:00 p.m., 7:00 p.m. and 8:00 p.m. each Thursday. Grand Prize draws held on January 8, 15, 22 and 29, 2009 at 9:00 p.m. Coupon package available until 8:00 p.m. or while supplies last.

GROUPS OF 4 SAVE 10%

Would you like to break the habit for a healthier future?

Ottawa Civic Hospital (across from flower shop)
1053 Carling Ave. 613.884.7867
www.omegalaser.net

OMEGA LASER THERAPY

**Bush says dad a 'nut' to plan another sky-dive**
U.S. President George W. Bush said yesterday he thought his father, former president George H.W. Bush, was a "nut" to celebrate his 85th birthday with another skydive. REUTERS



# World

BAZ RATNER/REUTERS

An Israeli soldier looks out from atop an armoured personnel carrier yesterday as smoke rises across the border from the northern Gaza Strip.

## Israel sends reservists

### Officials debating next move in Gaza offensive

**Israel threw reservists into battle in the Gaza Strip yesterday and at least 31 Palestinians were killed on the 16th day of a devastating offensive Israeli Prime Minister Ehud Olmert said was close to achieving its aims.**

The reservists had been held back until now, as Israeli leaders ponder a full-scale assault on Gaza's towns and cities to try to destroy Hamas' ability to fire rockets into Israel.

It was unclear whether Israeli forces had been ordered to storm into built-up areas, risking higher military casualties as well as heavy civilian losses.

**Casualties**

- The Palestinian death toll since Israel's offensive began on Dec. 27 has reached 890, many of them civilians, Gaza medical officials said.
- Thirteen Israelis — three civilians hit by rocket fire and 10 soldiers — have been killed, Israel says.

Olmert, Defence Minister Ehud Barak and Foreign Minister Tzipi Livni met to discuss their next move, Israel radio said, predicting more attacks on smugggling tunnels used by Hamas on the Gaza-Egyptian border, and possibly a wider operation.

Thick black smoke rose over the city of Gaza as fighting raged on in the Hamas-ruled territory in defiance of a UN Security Council demand for a ceasefire.

"Israel is getting close to achieving the goals it set for itself, but patience, determination and effort are still needed to realize these goals in a manner that will change the security situation," Olmert told his cabinet in Jerusalem. REUTERS

## Obama vows to overhaul U.S. bailout

**ECONOMY** U.S. president-elect Barack Obama vowed to retool a $700-billion US financial rescue plan to save more families from foreclosure, and his aides met congressional leaders yesterday to chart fresh spending measures to restore a fragile economy.

Obama said his staff was working closely with congressional leaders to modify terms of the financial rescue plan and draft a broader economic stimulus package that could, taken together, inject more than a trillion dollars into the ailing economy.

"We're going to have a collaborative, consultative process with Congress over the next few days," said Obama, who takes over as president from President George W. Bush on Jan. 20.

"We're not trying to jam anything down people's throats," he said.

Last week, Obama's top aides visited Capitol Hill to allay concerns about the package. Obama wants passage of a stimulus plan by mid-February. REUTERS

## News in brief

**INDONESIA** An Indonesian ferry carrying 250 passengers capsized and sank after being battered by a large wave in storms in the country's east yesterday, officials said, adding bad weather and nightfall made rescue efforts difficult. Six deaths have been confirmed in the accident, which occurred early yesterday morning.

**POLITICS** Battling drug murders and an economic crisis, Mexico's Felipe Calderon will urge U.S. president-elect Barack Obama today to support his drug war and stick to the NAFTA trade deal. Calderon will be the first foreign leader that Obama sits down with since he was elected in November. REUTERS

### Everest climber dies on Mont Blanc

**FRANCE** The youngest Briton to scale Mount Everest has died climbing France's Mont Blanc, French police said yesterday. The bodies of 21-year-old Rob Gauntlett and his climbing companion were found on Saturday morning. REUTERS


STOP STOP! STOP
Searching For A Low Rate
No Matter Where you Call, No Matter what you Pay,
Comwave will Beat it... Guaranteed!

Pakistan 5.9¢ | Egypt 14.9¢
Philippines 11.9¢ | Guyana 29.9¢
Saudi Arabia from 3.9¢ | India 6.9¢
Sri Lanka 11.9¢ | Nepal from 7.9¢
Afghanistan 24.9¢ | Haiti 16.9¢
Bangladesh from 3.9¢ | Mexico from 2.9¢
Cuba 85¢ | Honduras 15.9¢
Ecuador 12.9¢ | Chile from 2.9¢

Make your long distance calls EVEN from your cell phone.
Keep Your Existing Cell Phone Plan • No Contracts
Direct, "No Pin" Dialing • Instant Activation

$5 /month
Unlimited Calling To Anywhere In Canada
You can even call from your CELL PHONE!

Limited Time Offer
Call Now And Get
Free Long Distance To Anywhere In The World
$25

Home Phone Lines

comwave Basic
$9.95 /month
• Unlimited Local Calling
PLUS
• Caller ID Block
• Comwave Enhanced 911
• Free Comwave to Comwave calls worldwide!

comwave Enhanced
$14.95 /month
12 FREE FEATURES INCLUDING
Caller ID , Call Forwarding, Voice Mail , Call Waiting
... and much more

comwave One-Rate
$29.95 /month
UNLIMITED Calling to Canada and U.S.A.
PLUS
• 12 Free Features Including: Caller ID , Call Forwarding, Voice Mail , Call Waiting
... and much more

Call Now And Get One Month Of Phone Service FREE

comwave® www.comwave.ca 613-216-6100

Comwave guarantees to match or beat your rate today and forever. Rate Guarantee is based on competitors' lowest advertised rate or written quote for like services. Terms and conditions apply. Please see www.comwave.ca for full details. † Home Phone Lines: * Terms and conditions apply. VoIP 911 has certain limitations versus traditional 911.

LOCAL
**Marketing Manager**, Ian Clark
**Distribution Manager**, Bernie Horton

NATIONAL
**Group Publisher**, Bill McDonald
**Editor-in-Chief**, Dianne Rinehart
**Assoc Mnging Editor**, Tarin Elbert
**Assoc Night Mnging Editor**, Jim Reyno
**Enter/Lifestyle Editor**, Dean Lisk
**Art Director**, Laila Hakim
**National Sales Director**, Susan Courtney
**Interactive/Mrktng Director**, Jodi Brown

# Comment & Views

## Comment

# It's better left unsaid

## Or men should just learn to read a woman's mind

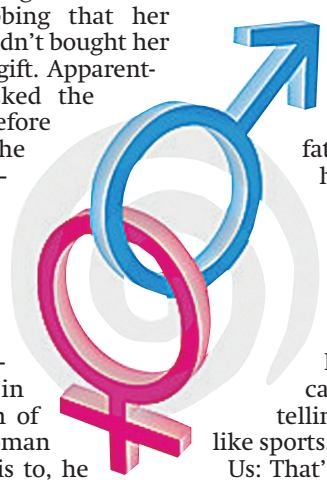
HineSight
**Anne Hines**

Someone said, "Life is lived in the subtext." I'm not sure who said it. Possibly me.

What it means is, if you want to find the truth of what another person is thinking, it's not enough to listen to what they say. You have to search underneath, far below the surface to find out what's really going on. Depending on how you look at it, this is either wise, insightful life advice or an excellent plot for a sci-fi movie.

When it comes to dealing with subtext, people fall into two categories. Some have no idea subtext exits. Generally, we call these people "men." This accounts for painful events like this.

A week ago, a friend called, sobbing that her husband hadn't bought her a birthday gift. Apparently, he'd asked the week before what she wanted — she'd said, "Oh honey, being married to you is enough," and, inexplicably in the opinion of every woman she told this to, he believed her.



All miscommunication between men and women could be eliminated entirely if men would take the time to learn one simple skill — how to read our minds. Women, on the other hand, not only know subliminal messages exist, we've turned it into an extreme support. I've spent many hours with my girlfriends, hunkered over glasses of red wine and low-fat nacho chips, happily playing Guess the Subtext.

Friend: He isn't taking me to the basketball game.

He says it's because I keep telling him I don't like sports.

Us: That's what he *says*. And the game begins.

It is possible for subtext to go unrecognized between two women. On the flimsy excuse that she has vacation days to use or she'll lose them, and I have no time off available, my partner, Liz, recently announced that she's going on a cruise with her mother and without me. My subtext went like this:

Me: That's so great. I'm happy for you.

*Subtext: You're what?*

Me: I mean, what would you do if you stayed here?

*Cook me dinner, paint the laundry room like you keep promising, be waiting at the door when I come home …*

Me: Of course, I'm happy for you. I love you.

*Even more than my iPod. I love my tunes. Hey, if Liz is away I can crank up the David Cook CD, sing really loud and practise my rock moves in the living room … naked!*

So maybe sometimes, there are things better left unsaid.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

## Views

# Can carpooling become an alternative?

InTransit
**John Holmes**

Since the first Model T rolled off the production line in 1908, the car has been the habitat of a solitary creature. The idea Ford marketed so successfully was personal ownership. The attitude of "this is my car and I'll do what I want with it" was encouraged.

This vision of the car still dominates. If I say, "car commercial," the image entering your head is more likely to be a solitary male driving serenely through the mountains than four tired government workers stuck behind a bus at Bank and Slater. If you drive to work in Ottawa — especially during the transit strike — you're going to experience a hell of a lot of traffic. Yet the car's appeal as an instrument of freedom endures.

During the transit strike, however, the city has asked drivers to be more socially conscious and share cars. Carpooling and ridesharing are new terms to many people. But the idea has been around longer than you might think. During the Second World War, the United States government tried to reduce gas consumption with a poster stating, "When you ride alone you ride with Hitler. Join a car-sharing club today."

The practice was again promoted during the energy crisis of the 1970s. More recently, many congested cities (including Ottawa) have encouraged carpooling by opening up high occupancy vehicle lanes for cars holding three or more people.

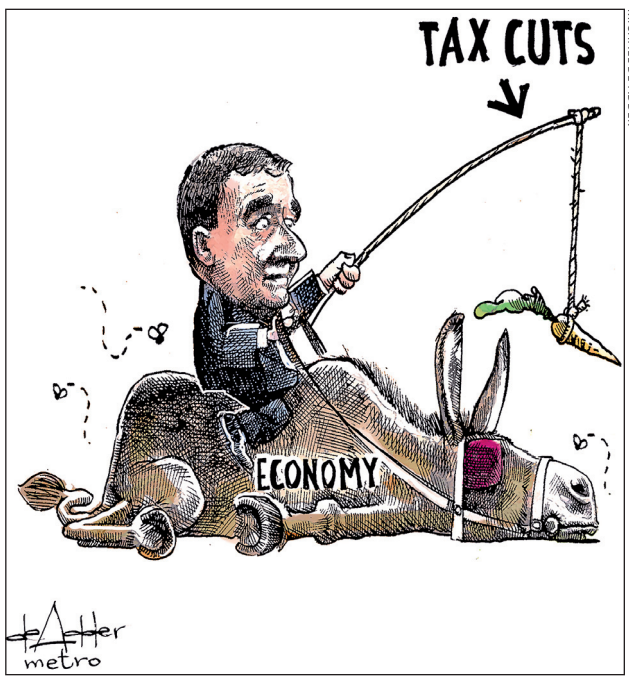
The foundation of carpooling is trust. You need to know your ride will be on time, and it will be safe. Until now, it's mostly been used by younger people who aren't afraid to arrange rides with strangers on the Internet.

Carpooling is also one issue environmentalists and city authorities agree on. But despite the attention it has received, carpooling during the strike has had mixed results. The high occupancy vehicle lane on Portage Bridge isn't used as much as it really ought to be. But it's not much of an incentive to share when, once you've crossed the river, you must merge back into the rest of the traffic on the other side.

Sure, the kindness of friends and strangers has helped many people attend work, exams or hospital appointments. But I've met many people who have been let down.

It would be great if carpooling could become a serious transit alternative. But for the 100 years since the Model T, people have held onto the idea that a car belongs to them and them alone. Old habits die hard. I'm not holding my breath for the day drivers, en masse, change their behaviour.

John Holmes is a writer for various publications in Canada and the U.K. He's never had a driver's licence, and has relied on public transit for all of his adult life.




MICHAEL DE ADDER

## Letters

### Citizens should not be under the mercy of one group

During this transit strike, I have become more aware of how essential public transportation is for the citizens of any city.

There are several matters that have come to my attention as to why OC Transpo should become an essential service.

Almost every day, I see a police car or ambulance stuck behind traffic because people are either not moving out of the way by choice or are frozen stiff because of the sound of sirens.

Individuals are losing their jobs because of the strike. When the cost incurred from going to and from work by taxi exceeds or comes close to a person's daily wage, it is no longer logical, feasible or viable for them to go to work. As a result, individuals have had to quit their jobs.

I am fortunate to own a vehicle, which allows me to be able to carpool with neighbours — but not everyone has this luxury. Not everyone is able to carpool, walk or bicycle to work, school, or grocery stores. Some individuals just don't have the necessary connections. Some are forced to stay home, while others endure hours upon hours of walking in cold, harsh weather.

I understand an individual's right to fight for what they think is right. There are other methods to voice this opinion that would be less harmful and detrimental. And to add to that, citizens should not be under the mercy of one group that is able to cripple day-to-day living habits.

**ELIE PAPADOPOULO, OTTAWA**

## Quote of the Day

***"Israel is getting close to achieving the goals it set for itself."***

**– Israeli Prime Minister Ehud Olmert to his cabinet on the Gaza offensive.** REUTERS

### Metro Online Poll Results

**Are you worried about nanotechnology?**

68% SAID Not at all
13% SAID Not sure
11% SAID Very
8% SAID Somewhat

*Weigh in on today's question at metronews.ca*

**It's your turn to tell others what you think. E-mail your thoughts and opinions to: ottawaletters@metronews.ca**
Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

**METRO** Ottawa 130 Slater Street, Suite 300, Ottawa, ON K1P 6E2; Tel: 613-236-5058 • 1-888-916-3876; Fax: 1-866-253-2024; Advertising: 613-236-5058 • adinfoottawa@metronews.ca; ottawa_distribution@metronews.ca

**Conserve water while brushing your teeth**
Turn off the tap while you brush your teeth. You can save up to eight litres per minute, or about 80 per cent of the water you normally use, according to goblue.org. METRO NEWS SERVICES

# Going Green

## Ideal fridge temperature

**Did you know the ideal internal temperature of your fridge is usually between 3 C and 4 C? When your fridge is kept too cold, it wastes energy and can taint your food. To check, place an appliance thermometer in a glass of water on the middle shelf and let it stand for five to eight hours. If the reading is not in the ideal range, adjust the temperature accordingly.** DAVID SUZUKI FOUNDATION

EDITOR: MIKE DEREZYCKY, MIKE.DEREZYCKY@METRONEWS.CA

# Drive right to the bank

EMMA FORREST
Metro World

**Everyone is panicking about global recession, but you can cut the cost of your motoring bill by making some really easy changes. However you get around, keep it low-cost.**

**1** Do you need to drive? Why not walk to the supermarket, and trade your car for a bus or bike for your daily commute?

**2** If you must go by car, carpool and you can share the cost of driving with your friends.

**3** Drive smoothly — braking and revving the engine use more fuel. Stick to the speed limit: Your car pollutes most at very low or high speeds.

**4** Be aerodynamic: The more aerodynamic your car is, the less fuel it will use, so cut drag by removing your roof rack, and closing your windows.

**5** Set your tires to the correct pressure and you'll use up to 10 per cent less fuel.

**6** If you're considering buying a car, buy the smallest and cheapest car that suits your needs. It will cost less to insure and operate.

## News in brief

**TEMPERATURE** It might feel cold, but the world is getting hotter and global warming remains a danger, the United Nations weather agency WMO said. Weather studies since 1850 show an undeniable increase in temperature, World Meteorological Organization spokeswoman Gaelle Sevenier said. While 2008 was cooler than the previous year, it was the 10th warmest year since records started, Sevenier noted. Most scientists believe global warming is creating extremes of weather, bringing death and destruction through hurricanes, floods and drought.

**TIMES SQUARE** The world's first billboard running solely on wind and solar power is ready to make its debut in the capital of all billboards — New York's Times Square. The "Eco-Board" weighs 35,000 pounds and will be powered by 16 vertical wind turbines and 64 solar panels. REUTERS

2GO CUSTOM KITCHENS

Kitchen & Bathroom Cabinetry
Computer Aided Design
In-house Consultation
Professional Installation

CALL FOR APPOINTMENT

1123 Newmarket St. Ottawa, On K1B 4N4
www.2gokitchens.ca
www.dynamicspace.com
613.731.8646

*Kitchens for every lifestyle*

15 OPENINGS!

Average $18.75/hr
Green Energy Company

Looking for friendly motivated Professional People.
Advance with a growing LEADER and help reduce global warming!
PRODUCT TRAINING
No Experience required.
Weekly bonuses, incentives and more!

For qualification call
613.216.7366

Do you, your brother or sister have Crohn's Disease?

**You are invited to join this Canada-wide research study to help identify the possible causes of Crohn's Disease.**

Contact us if:
- You are the brother or sister of a Crohn's Disease patient
- You are generally healthy
- You are between the ages of 6 and 35

For this study, you will be asked to:
- Attend 2 one hour visits
- Complete 3 questionnaires
- Provide a blood, stool and urine sample

**Help us find the cause.**

**Contact us at: www.gemproject.ca**

**or**

**Call: 1-866-803-9632**

THE GEM PROJECT
genetic environmental microbial
Principal Investigator: Dr. K. Croitoru

MOUNT SINAI HOSPITAL
Joseph and Wolf Lebovic Health Complex

Funding provided by: Crohn's and Colitis Foundation of Canada

**Has gas bottomed out?**
The average price for a gallon of gasoline in the United States has risen to $1.7793 US a gallon for the first time since the July all-time high of $4.11 US, indicating the bottom has likely been hit, according to a nationwide Lundberg survey. REUTERS

# Business

## Country Home mag tossed

**Magazine publisher Meredith Corp. is the latest media group to take a hit from the economy, as it cuts 250 jobs, closes its Country Home magazine and takes a $16-million US second-quarter charge because of poor advertising. It is also moving its ReadyMade and Parents.com brands to its headquarters in Des Moines, Iowa.** REUTERS

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

## Toyota unveils electric commuter

**AUTOS** Toyota Motor Corp. said it would launch an all-electric car for city commuting by 2012 in the United States as part of its plan to speed up the introduction of green cars as its global sales falter.

The FT-EV concept made its debut at the North American International Auto Show in Detroit yesterday, where the world's top automaker is also unveiling two new gasoline-electric hybrid cars.

The FT-EV concept shares a platform with the tiny iQ urban commuter car, which runs on a gasoline engine and emits just 99 grams of carbon dioxide per kilometre.

Toyota said the concept car is targeted at the urban dweller driving up to 80 km between home and work, for instance. REUTERS

# Hyundai takes Detroit's car of the year award

**Hyundai Motor Co. took car of the year award at the Detroit auto show yesterday, marking a major step for the South Korean automaker in its push to produce a more upscale, mass-market vehicle for U.S. consumers.**

The Hyundai Genesis was named the 2009 North American Car of the Year, while Ford Motor Co.'s F-150 was named Truck of the Year.

The awards, which automakers typically use to market their vehicles, were made by a panel of 50 U.S. and Canadian automotive journalists and presented at the start of the North American International Auto Show. The awards are in its 16th year.

"This is not only a nod to our team, but also a nod to our customers, who keep pushing us," said Mark Fields, head of Ford's operations in the Americas. REUTERS

### Last year's wins

- In 2008, General Motors won car of the year for the Chevrolet Malibu and took both car and truck honours at the 2007 show.

## Satyam does damage control

**SCANDAL** The Indian government installed a new board at Satyam Computer Services Ltd. yesterday as authorities stepped up efforts to limit the damage from a fraud that has become India's biggest corporate scandal.

The three-member board was to meet today to lay out a roadmap for restoring confidence of clients and staff following revelations of accounting fraud, as well as restate the books, one member said. REUTERS

## Business in brief

**DISPUTE** European Union monitors arrived at a Russian gas-export pipeline yesterday, as part of a tentative, EU-brokered agreement between Russia and Ukraine. Monitors are being put in place to reassure Moscow that Ukraine is not siphoning off gas intended for customers in Europe.

**POLITICS** Mary Schapiro, picked as the new head of Securities and Exchange Commission, could face a bumpy ride after she confirmed she was connected to Bernard Madoff's Ponzi scheme scandal through her current post at brokerage watchdog, Financial Industry Regulatory Authority.

**BAILOUT** GM says $13.4 billion US it has received in U.S. government loans will carry the company through to March, at which time it will review any need for further taxpayer-funded loans. REUTERS

**Ferbey wins TSN Skins Game**
Edmonton's Randy Ferbey defeated Ontario's Glenn Howard in the $100,000 TSN Skins Game at Casino Rama in Rama, Ont., yesterday. Ferbery's rink will take home $70,000 for the victory. METRO NEWS SERVICES

# Sports

## Tebow opts to stay in school

**Fresh off carrying Florida to its second national championship in three years, Gators quarterback Tim Tebow, left, announced yesterday he will remain in school for his senior season. The 2007 Heisman Trophy winner surprised a large crowd celebrating Florida's 24-14 victory over Oklahoma in the BCS title game on Thursday by saying he will be back in uniform for the Gators next season. Tebow finished third in the Heisman voting this past season.** METRO NEWS SERVICES

SPORTS@METRONEWS.CA

# Steelers light up Bolts

## Eagles take down the defending Super Bowl champions

**NFL RESULTS**

**Willie Parker rushed for a game-best 146 yards with two touchdowns on 27 carries as the Pittsburgh Steelers advanced to the AFC title game with a convincing 35-24 victory over the San Diego Chargers in an AFC Divisional matchup from Heinz Field in Pittsburgh yesterday.**

Ben Roethlisberger completed 17-of-26 passes for 181 yards and a score for the Steelers (13-4), who will host the AFC Championship game next Sunday against the Baltimore Ravens at 6:30 p.m.

Santonio Holmes returned a punt for a touchdown, while Hines Ward led the receiving corps with 70 yards on four receptions.

**Eagles 23, Giants 11** — Donovan McNabb threw for a touchdown and rushed for another and the Eagles defence kept the New York Giants out of the end zone, as the defending Super Bowl champions were ousted by rival Philadelphia, 23-11, in a physical NFC Divisional playoff battle.

Windy conditions at the Meadowlands kept both offences in check.

METRO NEWS SERVICES

CHRIS GRAYTHEN/GETTY IMAGES

Santonio Holmes of the Pittsburgh Steelers fights off defenders to score a touchdown on a 67-yard punt return against the San Diego Chargers during their AFC playoff game yesterday at Heinz Field in Pittsburgh. The Steelers defeated the Chargers 35-24.

### NFL Conference Championship games

**Both games played Sunday, Jan. 18**

- **NFC:** Philadelphia (11-6-1) at Arizona (11-7), 3 p.m.
- **AFC:** Baltimore (13-5) at Pittsburgh (13-4), 6:30 p.m.

## Sports in brief

**TENNIS** Radek Stepanek of the Czech Republic upset Spain's Fernando Verdasco 3-6 6-3 6-4 yesterday to claim the men's singles title at the inaugural Brisbane International in Australia.

**NHL** Phoenix Coyotes defenceman Kurt Sauer is expected to miss four weeks with a lower-body injury suffered in Saturday's 1-0 shootout win over the Dallas Stars.

**NHL** The Edmonton Oilers placed right wing Zack Stortini on injured reserve yesterday and recalled center Ryan Potulny from Springfield of the American Hockey League.

**NBA** Atlanta Hawks forward Al Horford missed yesterday's game against the 76ers and will miss the team's next three games with a bone bruise to his right knee. On the season, Horford has averaged 10.8 points and 8.7 rebounds in 33 games.

METRO NEWS SERVICES

# Allen's hot shooting leads Celtics to win

**NBA RESULTS**

**Boston** 94 | **Toronto** 88

VS

**NBA** Ray Allen was nearly perfect in his season-high 36-point game, leading the Boston Celtics to a 94-88 victory over the Raptors at Air Canada Centre in Toronto yesterday afternoon.

Allen shot 11-of-14 overall and 8-of-10 from three-point range for the Celtics, who had lost four straight and seven of their last nine after a 19-game winning streak. Rajon Rondo posted 14 points and 11 assists, and Kevin Garnett had 10 points and 11 rebounds in the win.

"12:30 games are tough for us, for most of us not having familiarity with it, but for the most part we got back to some of the things that we wanted to do," Allen said.

Chris Bosh had 15 points and 11 rebounds to lead the Raptors, who had won four of their previous five before shooting a dreadful 37.8 percent from the field yesterday. Andrea Bargnani contributed 17 points and nine rebounds in the loss.

METRO NEWS SERVICES

MIKE CASSESE/REUTERS/

Boston Celtics guard Gabe Pruitt is fouled by Toronto Raptors forward Joey Graham, right, during yesterday's NBA game.

École des Adultes
Le Carrefour
Choisir de réussir
French as a Second Language
Cours académiques
Ateliers gratuits
Cours d'informatique
Forfaits menant à l'emploi
www.carrefour.cepeo.on.ca
(613) 731-7212
Conseil des écoles publiques de l'Est de l'Ontario
2445, boulevard St-Laurent
Ottawa (Ontario) K1G 6C3

**Metro Workology exclusive: Curtain Call**

Don't miss Curtain Call, Metro's exclusive feature series in the Workology section. In the realm of death there are some interesting, lucrative and mysterious career opportunities; we will be digging up the stories for you, so check out Metronews.ca/work exclusively throughout January.

# Workology

## Plea for colleges

**Last month, Association of Canadian Community Colleges president James Knight wrote a letter addressed to all federal MPs urging the government to include the nation's colleges in its infrastructure plan. Knight says investment in college infrastructure is a "winning combination both ways," as it will address the shortage of classroom facilities and create jobs.** METRO NEWS SERVICES

EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA

# Be wary of the 'CSI effect'

**Curtain Call**

RAFAEL BRUSILOW
for Metro Canada

**CSI aficionados beware: Real studies and careers in forensics are nothing like the TV show.**

Contrary to the breakneck pace of results gathering and analysis of crime scenes portrayed in shows like CSI: Miami and CSI: NY, real forensic science takes a great deal of patience and labour-intensive work.

Dr. Martin Evison, director of the University of Toronto's forensic science program, says the "CSI effect" — the instantaneous, logic-defying results portrayed on shows like CSI — can give many people the wrong idea of what forensics is really like.

"The first thing we tell students is that (forensic science) is not like CSI at all. A lot of it is very mechanistic, routine and laborious. However there is a reward at the end of the day — if you do it thoroughly and professionally, a forensic scientist can contribute to solving some quite serious crimes," Evison said.

He says the biggest exaggerations shows like CSI make are the speed at which analysis happens, the types of methods available and the exactness of the end results.

"It never happens at the touch of a button and a lot of what you see (on television) is science fantasy. The results can be rather more ambiguous than you can get from CSI," he said.

The "CSI effect" is so pronounced, Evison says, that it influenced the University of Toronto's own admission policies. Students cannot enter the forensic science program directly from high school — they have to apply formally to the program after at least one year of post-secondary studies. Evison says the process is necessary to make sure that only people with an interest in real forensics rather than flashy TV theatrics get in.

"We try to guarantee that we admit those kinds of students who are academically good and have the right level of interest and maturity," Evison said.

Evison says the "CSI effect" has also had a direct influence on the way evidence in presented in the courtroom.

"If there is a phenomenon that typifies the way policing is changing it's a move away from eyewitness evidence and confessions and more towards physical evidence, which science is expected to provide," Evison said.

While U of T is the only major medical university in Canada to offer a forensic science program, several undergraduate universities offer similar programs, including the University of Windsor and Trent University in Ontario and St. Mary's University in Nova Scotia.

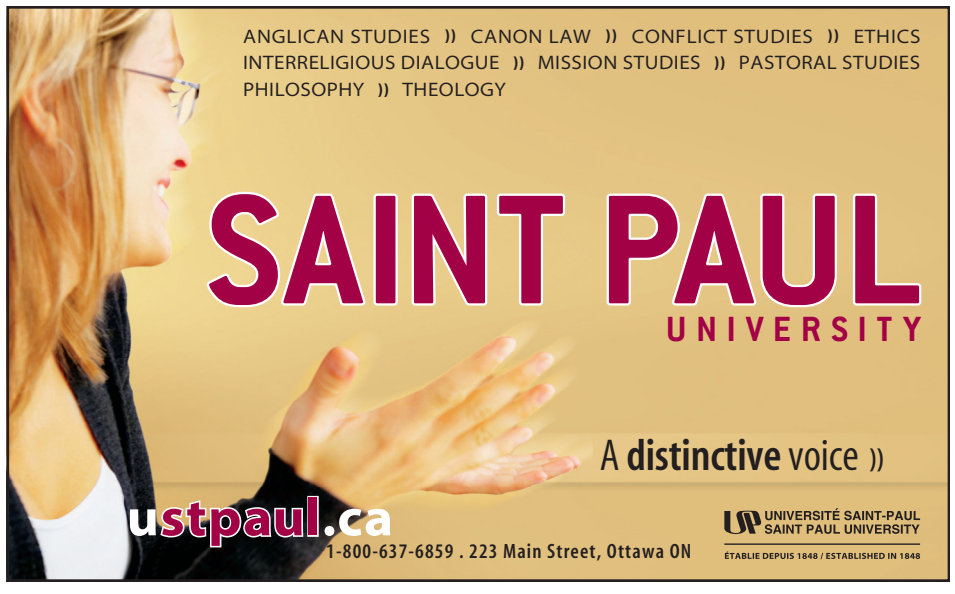
Evison says forensics can be a highly rewarding field when matched to the right type of person.

"Forensic science suits problem-solving and patient personalities, people who are willing to do the meticulous work until they find something that hopefully contributes to solving a crime. You're not going to be paid the same salary as the actors on CSI, but you will do socially useful work," Evison said.

University of Toronto's Dr. Martin Evison says forensics can be a highly rewarding field when matched to the right type of person.

For more of the Curtain Call exclusive series stop by Metronews.ca/work

Teach English in Canada or Overseas
NOW AVAILABLE IN OTTAWA
ONLY 11 SPOTS LEFT
The ACE TESOL Certificate Course
This teacher training course is recognized by TESL Canada
www.tesl.ca
• Fast –Track to certification
• Learn Effective and Practical ESL teaching skills
• Job Placement assistance in Canada and Overseas
Centre Linguistique du Collège de Jonquière
50 O'Connor Street, 14th Floor
Tel: 613-566-7004, ext 226
E-mail: silvia.ursini@cjonquiere.qc.ca
www.languages-jonquiere.ca
COURSE DATES FOR 2009
Part-Time: January 17 – April 25, 2009 (15 weeks)
on Saturdays from 9:00 am - 4:15 pm



# Hey you! Lets plan a fight

OddJobs

**Diane Peters**

The first fight Simon Fon ever designed got him a standing ovation.

He'd just gradated from the theatre program at York University and was doing the Dream in High Park in Toronto. He and veteran actor Philip Aiken were to fight using shields and Japanese staffs, but there was no choreography.

The two worked for hours on it, and the cast stood up and applauded when they did it for the first time. Fon now had a new passion besides acting.

Using the skills he'd learned in stage combat classes in school, plus the athleticism that had him trying sports as diverse as hockey and fencing, Fon started fight directing for small plays, often convincing the director he was needed and working for little to no money.

DIANE PETERS/FOR METRO CANADA

Simon Fon discovered his passion, planning fights, after graduating from university.

Over time, he got more and more work — especially when directors saw that a properly choreographed fight was a lot more interesting. He eventually got film and TV work, where he did fight directing, stunt work and acting, usually of highly physical roles.

When he works on a movie, TV show or play, he usually meets with the director first to find out what he or she wants from the fight: how long it should be, what weapons the actors will use and how rough it should get.

On his own, he comes up with a basic fight that fits those requirements. Then he meets with the performers. "You really do have to get inside the actors' heads," he says. Using mainly their ideas — he often leaves his own notes sitting on the corner of the stage — they develop the fight in slow motion.

Once they've got most of the fight, he videotapes it, which they use to refine the movements and remember the choreography. On average, he takes about 20 hours to develop and perfect a two-minute stage fight.

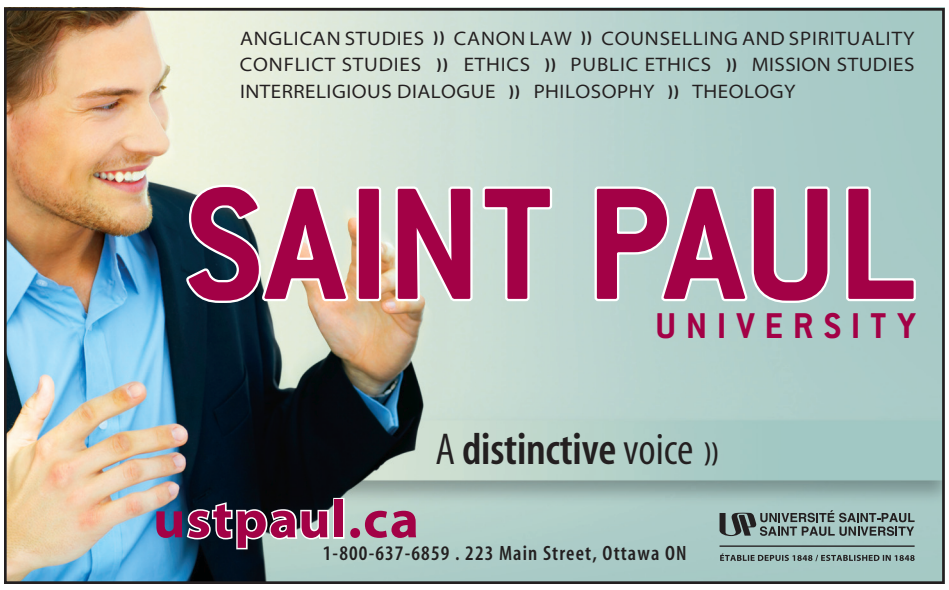
Two years ago, Fon got together with eight other colleagues — a collection of fight directors, filmmakers and other professionals — to create Riot Act. This group offers fight directing services for theatre and film (the company is doing numerous shows at the Stratford Shakespeare Festival next summer) and also makes its own short films, which they've started winning awards for.

When he's not working or teaching stage combat at George Brown College, Fon is keeping fit. He cycles, does gymnastics, practises martial arts (he's got a black belt in Woo Gar Mo Sut) and develops fights with his colleagues from Riot Act. "Now that I'm 41, I have to keep myself in shape, otherwise I won't be able to perform at my best or keep up with my students."

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

## The Lowdown

**Job title:** Fight director
**Salary:** About $400 for theatre, $600 and more a day for film and TV
**Education:** Skills in some form of combat, plus an understanding of acting
**Best part of the job:** "Seeing the moments work."
**Worst part of the job:** "Waiting to get the green light on projects."



Volunteers Needed

RESEARCH STUDY

STUDY:
**Determining the Impact of Restricted Licensure on Older Drivers**
Funded by the Non-profit Organization:
The Ontario Neurotrauma Foundation

Have you or a family member had your driver's licence cancelled or been given a restricted licence because of a medical condition/illness?

Researchers at the Universities of Ottawa and Alberta are conducting a telephone survey of drivers and family members with licence suspension or restrictions due to medical conditions.

The goal of the study is to learn more about the impact of licence suspensions or restrictions on individuals and their family members.

Participants are needed to answer questions over the telephone. The interviews will be conducted in English by researchers located in Ottawa. Your participation will take approximately 30 minutes. If you would like to receive more information please contact:

**Jennifer @ Ottawa Hospital @ 613-737-8899 ext 79741**
**toll free 866-233-1133**

**High School Musical star ties the knot**
High School Musical star KayCee Stroh married boyfriend Ben Higginson in a private Mormon ceremony at the Salt Lake Temple on Friday in Salt Lake City, Utah. **PEOPLE.COM**

# Entertainment

## Fergie weds

**Black Eyed Peas singer Fergie, left, and actor Josh Duhamel were married Saturday at the Church Estates Vineyards in Malibu, Calif.** **PEOPLE.COM**

EDITOR: DEAN LISK, DEAN.LISK@METRONEWS.CA

# Ledger wins posthumous Globe

**The late Heath Ledger in his villainous role as the Joker in the Batman movie The Dark Knight won a Golden Globe award yesterday for best supporting actor.**

The award for Ledger, who died of an accidental drug overdose last year, was accepted by Dark Knight director Christopher Nolan, who said the loss of Ledger was like "a hole ripped in modern cinema."

"All of us who worked with Heath accept this with an awful mixture of sadness but incredible pride," Nolan said. "He will be eternally missed, but he will never be forgotten."

Briton Kate Winslet took the Golden Globe for best supporting actress for her portrayal of a German woman with a hidden past in The Reader.

Winslet later won best actress for Revolutionary Road. Backstage, she told reporters: "I feel like the kid who came first in the running race at school, which I also never won."

Anne Hathaway

In other honours, Wall-E, a huge summer movie hit with $523 million US at global box offices, took home the Golden Globe for best animated film.

Some of the night's television winners were Tom Wilkinson for best supporting actor in a miniseries for his role in the Revolutionary War tale John Adams; Laura Dern for best actress in a TV miniseries or movie for Recount; and Alec Baldwin for best actor in a TV comedy for 30 Rock.

**REUTERS**

## Winners

MOTION PICTURES:
- BEST DRAMA: Slumdog Millionaire
- BEST COMEDY OR MUSICAL: Vicky Cristina Barcelona
- BEST ACTRESS DRAMA: Kate Winslet, Revolutionary Road
- BEST ACTOR DRAMA: Mickey Rourke, The Wrestler

TELEVISION:
- BEST DRAMA: Mad Men
- BEST COMEDY: 30 Rock
- BEST ACTOR DRAMA: Gabriel Byrne, In Treatment
- BEST ACTRESS DRAMA: Anna Paquin, True Blood

For more red carpet photos and a complete list of Golden Globe winners, visit metronews.ca/entertainment

INSET: CHRIS JACKSON/GETTY IMAGES

The late Heath Ledger won a Golden Globe last night for his turn as the Joker in The Dark Knight.

YOU COULD
WIN
1 of 40
DOUBLE PASSES
TO SEE AN
ADVANCE
SCREENING OF
NEW IN TOWN
on January 28th.

MAPLE PICTURES

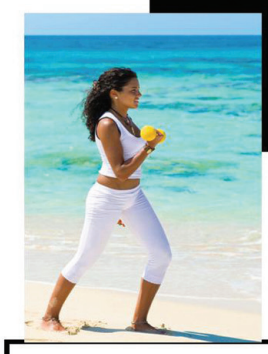
VISIT METRONEWS.CA AND ENTER FOR YOUR CHANCE TO WIN!

No purchase necessary. One entry per person. Contest open to Canadian residents of legal age, excluding residents of Quebec. Contest closes January 16, 2009 at 11:59pm. Odds of winning depend on number of entries received. For full contest rules and details, visit www.metronews.ca.

metro
Do it daily.

*Complimentary Discovery Workshop*

*The 5 SECRETS TO*
**PERMANENT**
*WEIGHT LOSS*



"60 Minutes That Will Add Years To Your Life And Life To Your Years!!"

ATTEND AND DISCOVER:
1. Why Diets Don't Work
2. How to Eat Like a Rhino but look like a Leopard.
3. How to Burn Calories while you sleep
4. How Eating Well, Moving Well and Thinking Well effects your metabolism.
5. Critical Stress Management guidelines for Wellness.

**Monday January 26th/09**

**6:45-7:45p.m**
**Registration 6:30p.m**

**To register for this workshop, please call**
**613-823-7900**

**Seats limited to the first 25 people.**

Dr. Kahlid Mankal B.Sc, D.C
17 Years Clinical Practice
Father of three

***Barrhaven Wellness Centre***
***900 Greenbank Rd, Food Basics Plaza***
***613-823-7900***
***livelifefully@rogers.com***
***www.barrhavenwellnesscentre.com***

**Co-star couple**
Actor Michael C. Hall has wed Jennifer Carpenter, who plays his sister on the Showtime series Dexter. The couple eloped in California on New Year's Eve. USMAGAZINE.COM

# Unborn clichéd, convoluted

## The **Unborn**

**Director:** David Goyer
**Stars:** Odette Yustman, Gary Oldman
**Classification:** 14A
**Rating:**

**PHIL BROWN**
for Metro Canada

Odette Yustman stars in The Unborn.

**All the trailers claiming that The Unborn is the latest film by "the writer of the Dark Knight" is false advertising. Writer/director David Goyer only co-authored a Joker-related outline with Christopher Nolan years before he actually wrote the script.**

The ads for The Unborn should be saying "from the director of Blade 3" because that would be a far more accurate foreshadowing of the ridiculous dialogue, amateurish acting, and cliché-ridden convoluted storytelling that define the movie.

Odette Yustman stars as a young woman haunted by the ghost of her departed twin brother who is desperate to break into our world. It's not a terrible set up, but after the opening scenes the plot gets so strained and confusing that everything from Nazism to possessed dogs end up tied into the haunting.

All of the dialogue is impossible to deliver truthfully, but the cast still manage to make it worse. Yustman shows why she was hired in a variety of lovingly photographed scenes in her underwear, but stumbles every time she tries to emote. The rest of the young cast surrounding Yustman are equally talent-deprived, capable of little more than appearing attractive on film.

The only person in the movie who can act is Gary Oldman, and while he does manage to make his lines sound like they were spoken by a human, this is still the low point of his career. Appearing as a rabbi required to reenact a clumsily-staged copy of the climax of The Exorcist, Oldman is visibly bored by the film which clearly meant little more to him than a paycheque.

This is Goyer's first straight horror film and he is obviously a fan of the genre because he steals from older and better horror movies in practically every scene.

Hopefully he ripped off all the horror movies he liked this time and has nothing left to "inspire" another outing in the genre.

IntelleVision

Read today's column online at metronews.ca

GlobalStyle

Exclusively at metronews.ca/globalstyle

See complete online movie listings, trailers, reviews and purchase tickets at metronews.ca/movies

Join Metro's 1.1 million daily readers.
Read Metro and metronews.ca daily!
metronews.ca
metro
Do it daily.
SOURCE: NADbank Fall 2007/Spring 2008 Survey, read yesterday;
BASE: Montreal, Ottawa-Gatineau, Toronto, Edmonton, Calgary, Vancouver; CMA 18+

Travel with someone you trust®
CAA North & East Ontario
Visit Your Hunt Club Travel Centre
2446 Bank Street
(Bank & Hunt Club)
caaneo.ca/travel

| PT | Vu | SC | C | | 7:00 | 7:30 | 8:00 | 8:30 | 9:00 | 9:30 | 10:00 | 10:30 | 11:00 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1/12/09 | | | | | | | | | | | | | |
| primetime | 265 | 353 | 2 | TVO | Time Team (N) | | The Agenda With Steve Paikin | | Child Genius 2 (N) | | Malcolm and Barbara | | Best-Agenda |
| | 211 | 331 | 3 | GTV | ET Canada | Entertainment | 24 (HDTV PA) (N) | | | | Captain Cook: Obsession | | News (N) |
| | - | - | 5 | SRC | Virginie (SC) | Les Parent (N) | L'Auberge du chien noir (SC) | | Les Boys (SC) | Tout sur moi | Le Téléjournal et Les Nou | | La Zone |
| | 209 | 342 | 6 | CHRO | Instant Star | TMZ (N) | Gossip Girl (HDTV) (N) | | Paris Hilton's My New BFF | | Paris Hilton's My New BFF | | News (N) |
| | 196 | 311 | 7 | CTV | Hollywood | etalk | Big Bang Th | Two/Half Men | Two/Half Men | Corner Gas (N) | CSI: Miami "Head Case" | | News (N) |
| | 208 | 303 | 8 | CBC | Coronation St. | Jeopardy! (N) | Little Mosque | Sophie (N) | Being Erica (HDTV) (N) | | CBC News: The National | | The Hour |
| | - | 360 | 9 | NBC | Wheel-Fortune | Jeopardy! (N) | Superstars of Dance The dance competition continues. | | | | Momma's Boys (N) | | News (N) |
| | 117 | 713 | 10 | TVA | Les Gags | Bloopers | Céline: hommage aux fans | | Dr. House "97 secondes" (SC) | | TVA 22 heures | (10:45) Denis Lévesque | |
| | - | - | 11 | QS | Beauté | C't'une joke | CSI: NY (SC) | | Terminator: Les Chroniques | | Cent dix pour cent (SC) | | Msr Showbiz |
| | 137 | 763 | 12 | TFO | Panorama | | Dans le secret des pierres | | *Stavisky* ★★★ (1974, Biographie) Jean-Paul Belmondo. | | | | Professionels |
| | - | 362 | 13 | CBS | Dr. Phil (HDTV) | | Big Bang Th | How I Met | Two/Half Men | Worst Week | CSI: Miami "Head Case" | | Two/Half Men |
| | 216 | 395 | 14 | OMN2 | Cold Case "Sandhogs" | | News (N) | | News (N) | | Two/Half Men | King | True Triumph |
| | 214 | 344 | 15 | CITY | Law & Order: SVU | | The Bachelor (N) | | | Less-Kind | True Beauty (N) | | News (N) |
| | 115 | 343 | 16 | CFMT | Two/Half Men | The Simpsons | News (N) | | Vivere Il | News (N) | The Simpsons | King of the Hill | Metropia |
| | 218 | 345 | 18 | E! | The Insider (N) | E! News | The Soup | How I Met | Engagement | Worst Week | Momma's Boys (N) | | News (N) |
| | - | 361 | 20 | ABC | News (N) | Entertainment | The Bachelor (N) | | | Samantha Who | True Beauty (N) | | News (N) |
| | 512 | 396 | 24 | CPAC | La Période de questions | | Heure polit. | L'Heure politique | | | | Revue | Période-quest. |
| | 651 | 355 | 25 | CTS | Happy Days | Laverne | Michael Coren Show | | 100 Huntley Street | | Life Today | This Is Day | John Hagee |
| | - | 365 | 36 | FOX | TMZ (N) | Seinfeld | 24 (HDTV PA) (N) | | | | News (N) | | News |
| | - | - | 64 | PBS | Business Rpt. | Steves Europe | Antiques Roadshow (N) | | The Story of India (N) | | The Story of India (N) | | Tavis Smiley |
| | 205 | 312 | 104 | CTV | Hollywood | etalk | Big Bang Th | Two/Half Men | Two/Half Men | Corner Gas (N) | CSI: Miami "Head Case" | | News (N) |
| news | 502 | 390 | 26 | NW | CBC News | Newman | The Hour | | CBC News: The National | | President's Guide-Science | | National |
| | 500 | 500 | 33 | CNN | Lou Dobbs Tonight | | Campbell Brown: No Bias | | Larry King Live | | Anderson Cooper 360 (HDTV) | | |
| sports | 406 | 417 | 27 | net | World Sport | UFC Primetime | Ultimate Fighting Championship 83: Serra vs. St. Pierre 2 | | | | Sportsnet Connected | | Hockey Central |
| | 126 | 730 | 28 | RDI | 24 Heures en 60 minutes | | Grands reportages (SC) | | Le Téléjournal (SC) | | RDI en direct | Le National | Le Téléjournal |
| | 400 | 280 | 30 | TSN | That's Hockey! | NBA Basketball Toronto Raptors at Boston Celtics. (HDTV) (Live) | | | | | SportsCentre (HDTV) (Live) | | |
| | 410 | 403 | 52 | SCR | RaceNight | | | | (9:15) WWE Monday Night Raw | | | | Score Tonight |
| | 411 | 457 | 56 | OLN | Bounty Hunter | Dakar Rally | Survivorman (N) | | Mantracker | | Bounty Hunter | Dakar Rally | Survivorman |
| | 417 | 406 | 59 | SC | Pinks (HDTV) | Pass Time | SuperCars | SuperCars | My Classic Car | My Classic Car | Barrett-Jackson | | Car Crazy |
| family | 554 | 544 | 48 | TEL | Totally Spies | Total Drama | 6teen | 6teen | Misadventures | Futurama | American Dad | Robot Chicken | Life's a Zoo |
| | 557 | 540 | 51 | FAM | Wizards-Place | That's-Raven | Zack & Cody | Natural-Sadie | Han. Montana | Life Derek | Ned's School | Cory in House | Zack & Cody |
| | 551 | 542 | 65 | YTV | Scorpion | Prank Patrol | Malcolm-Mid. | Futurama | Prank Patrol | Zixx Level | Falcon Beach | | Mystery Hnt. |
| cable variety | 570 | 580 | 29 | MM | mmmtop | Revival | Listed (Part 1 of 2) | | Where You At | Back In | Don't Forget the Lyrics! | | Don't Forget |
| | 615 | 520 | 31 | A&E | CSI: Miami (HDTV) | | Intervention "Phillip" | | Intervention (HDTV) (N) | | Intervention "Pam" | | Paranormal |
| | 628 | 584 | 32 | SPKE | (6) *Star Wars VI: Return of the Jedi* (1983, Science Fiction) | | | | *Resident Evil* ★ (2002, Horror) Milla Jovovich, Eric Mabius. | | | | MANswers |
| | 521 | 560 | 34 | TLC | Kids by the Dozen | | Little People | Little People | Jon & Kate | Jon & Kate | Jon & Kate Plus 8 | | Little People |
| | 145 | 761 | 35 | TV5 | L'Objet du scandale | | Trains-autres | (8:45) Babylone 5 | | | Mes deux mamans | | Journal TV5 |
| | 616 | 521 | 39 | SHO | The Outer Limits | | Kink in Hair | Kink in Hair | Kenny-Spenny | Rent-A-Goalie | My Name Is Earl (HDTV) | | House |
| | 620 | 523 | 40 | BVO | Dance | | | Dance With Me | Soweto Gospel Choir | | | | Law & Order |
| | 520 | 505 | 42 | DIS | Daily Planet (N) | | MythBusters | | Dirty Jobs | | Verminators | | Daily Planet |
| | 575 | 583 | 43 | CMT | All About (N) | All About ... | Home Improve. | Home Improve. | Reba | Reba | Hope & Faith | Hope & Faith | CMT Star |
| | 601 | 562 | 45 | SLC | Til Debt-Part | Rich Poor | Til Debt-Part | Til Debt-Part | Tabatha's Salon Takeover | | Tim Gunn's Guide to Style | | ET Canada |
| | 625 | 548 | 46 | COM | Air Farce | Just for Laughs | | Corner Gas | The Simpsons | South Park | Mike Birbiglia: What I Should | | Daily Show |
| | 294 | 529 | 47 | TBS | House-Payne | House-Payne | *Lethal Weapon 2* ★★★ (1989, Action) Mel Gibson, Danny Glover. | | | | | Seinfeld | Family Guy |
| | 600 | 564 | 49 | H&G | House Hunters | Property Virgin | For Rent | Income Prop. | Property Virgin | House Hunters | Ambrose Price | Petal Pushers | Holmes-Homes |
| | 627 | 528 | 50 | SPC | Lost "Confirmed Dead" | | Lost "The Economist" | | The Dresden Files | | Ghost Hunters | | Stargate SG-1 |
| | 581 | 566 | 53 | MTV | The City | After | MTV News | Cribs | Bromance | | The City | After | MTV Live |
| | 618 | 524 | 54 | TROP | TV Made, Do It | News Show | Tube Tales | What Happen? | Make or Break | TV Made, Do It | Planet Soap | Reality | Deal-No Deal |
| | 522 | 506 | 55 | HIS | NCIS "Singled Out" | | Battle 360 | | Escape From Auschwitz | | NCIS "Singled Out" | | Crime Stories |
| | 129 | 773 | 60 | CD | Excès de stars | | Les Grands travaux (HDTV) | | Science du combat | | Autopsie | | Paradis perdus |
| | 261 | 394 | 61 | V | Murder, She Wrote | | Eyes Down | May-December | McLeod's Daughters (N) | | Runaway Grooms | | Poltergeist |
| | 602 | 567 | 62 | W | Will & Grace | Friends | How Clean | Kim | Love It or List It | | Save Us-House | Smart Cookies | Maxed Out |
| | 269 | 350 | 70 | APTN | Notre Peuple | | Terres arct. | Mishkuenita | *Terre sauvage* (1994, Western) Corbin Bernsen. | | | | Tshinanu |
| | 621 | 527 | 71 | TLK | The Ellen DeGeneres Show (N) | | TMZ (N) | etalk | Relative Madness (N) | | The Tonight Show-Jay Leno | | TMZ |
| | 603 | 561 | 95 | FN | Chef at Home | Chef at Home | Restaurant Makeover | | Food Detective | Road Tasted | Hell's Kitchen | | Chef School |

## critics'corner

**Sophie**
It's a compliment when so many people trust you to keep their secrets, isn't it? Tell that to Sophie, who realizes that she's carrying around a full vault of secrets told to her by various people. And it's getting more and more difficult to keep straight who told her what and whom not to tell what in the new episode "An Outing With Sophie." 8:30 PM on 8 CBC

**Little Mosque on the Prairie**
In this new episode, Amaar makes a new friend: reporter Nate Shore. They get along famously, but a series of unfortunate events lands them both in jail in "True Bromance." 8 PM on 8 CBC

**Being Erica**
Erica has a university education, but she can't seem to get a career off the ground. Maybe she needed to make some better contacts in school. To test that theory, she time-travels back to her university days to join an exclusive secret society in hopes of getting a better start in the new episode "What I Am Is What I Am." 9 PM on 8 CBC

**Pink and Hart seen together on New Year's**

Pink and Carey Hart may have split in February — but they seemed very much together last week, usmagazine reports. The website says a source spotted the pair smooching on New Year's Eve — and says they spent the entire weekend together. METRO NEWS SERVICES

## Celebrity Buzz

# Craig is down to earth, says Schreiber

**CAREER** Liev Schreiber and Daniel Craig got "really silly" on the set of new movie Defiance, femalefirst.co.uk reports.

Liev admits he was surprised by how down to earth Daniel was, adding the pair — who play Jewish brothers who take refuge in the forest to escape the Nazis during the Second World War — became the best of friends during filming.

He said: "I was really impressed that Daniel Craig was this major motion picture star who didn't go to his trailer in between takes. I'm accustomed to that with A-list actors. They go to their trailer and then we all wait for them to come out. But Daniel didn't. He sat with us and told stories and we had snowball fights and we bonded. Actually we got really silly. We spent a lot of time being silly."

The 41-year-old actor also revealed the pair bonded over vodka, as consuming vast amounts of the potent alcoholic beverage was the only way they could stay warm while filming in Lithuania

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

# Paris disputes her promiscuous image

**PEOPLE** For everyone who thinks the name Paris Hilton is synonymous with promiscuous, well, think again, says the heiress, intouchweekly.com reports.

"I've only ever done it with a couple of people," Paris tells U.K. Glamour. "People make up stories, but mostly I just kiss."

In fact, it seems Paris is a rules girl when it comes down to it, adds the website. "I think it's important to play hard to get," she advises. "Nobody wants the fake Prada bag — they want the brand-new bag that no one can get and is the most expensive. If you give it up to a guy, he won't respect you. He'll want you much more if he can't have you."

METRO NEWS SERVICES

# Kate accidentally whacked 'Annie'

**FILMING** During the filming of their big fight scene in Bride Wars, it seems Kate Hudson and Anne Hathway got a little carried away, intouchweekly.com reports.

"We were really tired, and I had this big rock on my finger. I whacked Annie in the face so hard," Kate admitted on the Rachael Ray show last week. "She was like, 'No, no, keep going' because she was so into it. Two hours later, she's sitting in the back of a car with an ice pack on her face. I was so bad. I really clocked her."

METRO NEWS SERVICES

## Burke happy for Dancing co-stars

**RELATIONSHIPS** Brooke Burke was among those not surprised by the engagement of Dancing With the Stars' Karina Smirnoff and Maksim Chmerkovskiy, people.com reports.

"You could see the chemistry," Burke, 37, Dancing's Season 7 champ, told the magazine in Las Vegas Friday night. "I'm really happy for them and I hope it works out."

The two professional dancers became engaged in Las Vegas at Wynn Las Vegas on New Year's Eve.

METRO NEWS SERVICES

## Marsden likes wife to dress up

**PEOPLE** James Marsden likes his wife to dress up as Snow White, femalefirst.co.uk reports.

The Sex Drive star has revealed that his wife of eight years — actress Lisa Linde — looks like the Disney character Snow White and even owns the costume.

He told Arena magazine: "Actually, if you look at my wife, and if she put that outfit on — I'm not saying we do that to spice things up — but she looks a lot like her."

METRO NEWS SERVICES

# Allen criticizes label's lodging

**PEOPLE** British pop star Lily Allen has hit out at her record label for failing to make her trips abroad luxurious enough, femalefirst.co.uk reports.

The Smile singer claims she only made $72,500 US from her debut album, 2006's Alright, Still, despite the LP going on to sell nearly two million copies worldwide.

And Allen claims she is forced to stay in substandard accommodation while she is abroad promoting her music, because executives at Emi Records refuse to pay for her to stay in expensive hotels, the website adds.

"Twenty years ago, I'd have been booked in at the Ritz with five grams of cocaine on my table and 10 bunches of flowers. Some new clothes. A chauffeur on 24-hour call," the website quotes her as saying.

"I ask for a hotel in Paris and I get a two-star place in the eighth arrondissement on my own. I'm like 'Do you want me to get raped and killed?'"

METRO NEWS SERVICES

## Lohan upset over film roles

**CAREER** Lindsay Lohan is annoyed she doesn't win as many film roles as Scarlett Johansson — because she is convinced she works just as hard as the Lost in Translation star, femalefirst.co.uk reports.

Lohan fears she isn't taken seriously by filmmakers because the last few turbulent years of her life — in which she was arrested for drink driving and spent time in rehab — tarnished her reputation as a serious actress, the website says.

METRO NEWS SERVICES

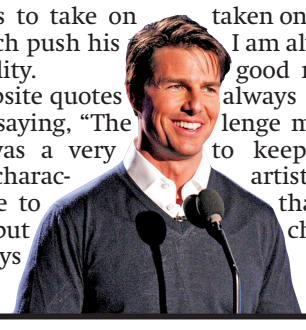
# Cruise likes challenging roles

**CAREER** Tom Cruise always wants to challenge himself with the roles he takes on, femalefirst.co.uk reports.

The 46-year-old actor — who plays Colonel Claus von Stauffenberg in new movie Valkyrie, which tells the story about a plot to kill Adolf Hitler — always aims to take on parts which push his acting ability.

The website quotes Cruise as saying, "The colonel was a very different character for me to portray but I've always taken on challenging roles. I am always looking for a good movie and I have always wanted to challenge myself. I just want to keep growing as an artist and I don't think that has ever changed."

METRO NEWS SERVICES



The Weather Network 20 YEARS
©The Weather Network 2008

Today
Partly cloudy
-8° / -9°

Tuesday
Light snow
80%
-2° / -22°

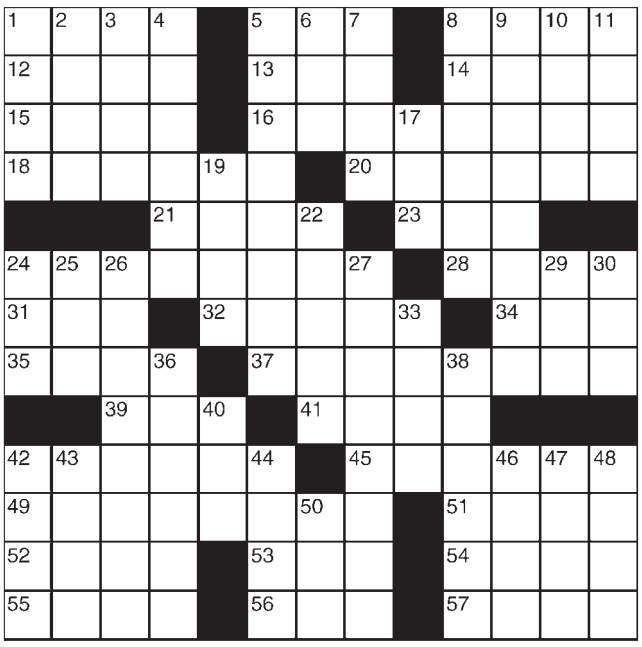
Wednesday
Mainly sunny
-18° / -27°

JUST SAY NO TO TYPING!
WeatherEye: Delivering real-time weather for up to 3 different cities right to your desktop...
Go to theweathernetwork.com/desktop to download your free WeatherEye.
Anytime, Anywhere, Anyhow



For more delicious Metro recipes, visit: **metronews.ca/food**

# Take Five



## Sudoku

**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | 2 | | 5 | 4 | | | |
| | | 8 | 3 | | | 6 | | |
| | | | 7 | | | | 9 | 8 |
| | | 9 | 6 | | | 1 | | 3 |
| | 3 | | | | | | 6 | |
| 8 | | 5 | | | 1 | 4 | | |
| 1 | 8 | | | | 3 | | | |
| | | 3 | | | 6 | 7 | | |
| | | | 9 | 7 | | 2 | | |

## Crossword across

1 Highway
5 Wrestling surface
8 Ego
12 Harvard rival
13 — Khan
14 Nastase of tennis fame
15 And others (Latin)
16 Insisted on
18 Cunning
20 Do relief work
21 Low card
23 Links standard
24 Bearing
28 Carvey or Delany
31 Eggs
32 Tea variety
34 "— Juan"
35 Stroll
37 Narrow-necked bottle
39 Party bowlful
41 Challenge
42 Weakness of a sort
45 Irritate
49 Obama, for one
51 Thailand, once
52 Needing a tiebreaker
53 Square root of IX
54 Opposed to
55 Infamous emperor
56 Joan of —
57 Encounter

## Crossword down

1 Pumpernickels' kin
2 Inauguration recitation
3 Winged
4 Take out of context?
5 Put into a frenzy
6 Time of your life?
7 Domesticate
8 Mythical sailor
9 Site of fabulous wealth
10 False statements
11 Govt. agents
17 Intensify, with "up"
19 Gift concealer
22 Joined, as oxen
24 Wall Street name
25 Gabor or Peron
26 Seasickness
27 Conducive to courtship
29 Japanese drama
30 — Arbor, Mich.
33 Green land
36 What an obi accessorizes
38 Ship' s castoff
40 Snapshot
42 Mideast gulf
43 Actress Campbell
44 La Scala solo
46 Fork feature
47 Tardy
48 Send forth
50 Atmosphere

**PREVIOUS DAY' S CROSSWORD AND SUDOKU ANSWERS:**

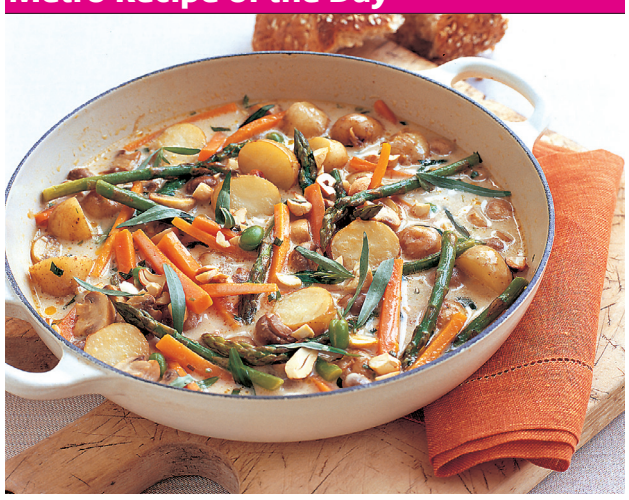
| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| E | W | E | ■ | S | A | F | E | ■ | B | R | O | W |
| L | O | P | ■ | I | B | E | X | ■ | R | U | D | E |
| K | N | E | E | D | E | E | P | ■ | A | M | E | N |
| S | T | E | R | N | A | ■ | L | A | W | ■ | ■ | ■ |
| ■ | ■ | ■ | G | E | M | ■ | A | S | L | E | E | P |
| A | L | L | O | Y | ■ | B | I | P | ■ | B | R | O |
| H | O | O | T | ■ | C | O | N | ■ | C | O | G | S |
| A | G | O | ■ | W | A | X | ■ | C | A | N | O | E |
| B | O | P | E | E | P | ■ | M | A | R | ■ | ■ | ■ |
| ■ | ■ | ■ | P | E | A | ■ | E | R | O | D | E | S |
| C | U | E | S | ■ | B | E | E | P | B | E | E | P |
| A | F | R | O | ■ | L | A | T | E | ■ | A | L | E |
| P | O | E | M | ■ | E | R | S | T | ■ | N | Y | C |

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 7 | 6 | 9 | 5 | 4 | 2 | 3 | 8 | 1 |
| 1 | 2 | 5 | 9 | 3 | 8 | 4 | 6 | 7 |
| 8 | 4 | 3 | 7 | 6 | 1 | 9 | 5 | 2 |
| 4 | 1 | 6 | 8 | 7 | 3 | 2 | 9 | 5 |
| 9 | 7 | 2 | 6 | 5 | 4 | 1 | 3 | 8 |
| 5 | 3 | 8 | 2 | 1 | 9 | 7 | 4 | 6 |
| 2 | 8 | 1 | 3 | 9 | 6 | 5 | 7 | 4 |
| 3 | 5 | 4 | 1 | 8 | 7 | 6 | 2 | 9 |
| 6 | 9 | 7 | 4 | 2 | 5 | 8 | 1 | 3 |

Find today's answers + play more games at metronews.ca

**SUDOKU SOLVE TIME:**
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

## Metro Recipe of the Day



### Creamy Vegetable Fricassee

**INGREDIENTS:**
1 tbsp (15 mL) olive oil
8 oz (250 g) carrots, peeled and cut into sticks
8 oz (250 g) new potatoes, scrubbed and halved or quartered (depending on size)
5 oz (150 g) button mushrooms, halved
1 2/3 cup (400 mL) diluted reduced-salt vegetable stock
2 tbsp (25 mL) dry white wine
2 tsp (10 mL) fresh tarragon or 1/2 tsp (2 mL) dried tarragon
1 cup (250 mL) frozen broad beans
5 oz (150 g) asparagus, trimmed
1/4 cup (175 mL) light sour cream
1/2 cup (125 mL) unsalted cashew nuts
1 tbsp (15 mL) fresh tarragon (optional)

**METHOD:**
1. Heat oil in large flameproof casserole dish over medium heat. Add carrots, potatoes and mushrooms, and cook, stirring frequently, about 4 minutes until lightly browned.
2. Pour in stock and white wine, and stir in tarragon. Bring to boil, then reduce heat, cover and simmer gently about 10 minutes until vegetables are almost cooked.
3. Stir in broad beans and lay asparagus on top. Cover and simmer for 6 minutes or until vegetables are tender.
4. Lift out vegetables onto plate, using slotted spoon. Stir sour cream into liquid in casserole dish and heat through gently, then season to taste. Return vegetables to casserole dish, coating with sauce. Scatter nuts and tarragon leaves (if using) over top,

**SERVES 4**

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

## Horoscopes

AVATAR VENUS

**ARIES**
**MARCH 21-APRIL 20**
A rebel will lighten up. A deal is made but it won' t last forever. Eliminate weariness with exercise and vitamin.

**TAURUS**
**APRIL 21-MAY 21**
A lonely person must accept a love affair. Don' t be hostile when a tantrum is thrown. You' ll be absent-minded at night.

**GEMINI**
**MAY 22-JUNE 21**
A relative wants to get married. There' s only one way out of a situation. Professional changes are looming.

**CANCER**
**JUNE 22-JULY 22**
Your enthusiasm will affect gloomy people. A hypocritical female has lots of gossip. Your income becomes an issue.

**LEO**
**JULY 23-AUG 23**
Therapy is needed to improve family harmony. A scam artist is calm and reasonable. A self-improvement project may be excessive.

**VIRGO**
**AUG 24-SEPT 22**
Being overly idealistic with friends will create problems. Don't interfere in a street fight. You can create a remarkable change for the better.

**LIBRA**
**SEPT 23-OCT 23**
You' re rewarded for playing fairly. Make an effort to nurse someone back to health. A winning argument unsettles a leader.

**SCORPIO**
**OCT 24-NOV 22**
A man understands a dilemma. Somebody's unstable behaviour cramps your style. A parent needs professional support.

**SAGITTARIUS**
**NOV 23-DEC 21**
A guardian will grant someone's wishes. An understanding is reached with a prepared visitor. A failure to act is misunderstood.

**CAPRICORN**
**DEC 22-JAN 20**
A woman's unpredictability leads to feelings of rejection. Make an important purchase that you've put off. Avoid people who are overreacting.

**AQUARIUS**
**JAN 21-FEB 18**
People leading separate lives will come together. Don't be reluctant to part with gloomy villains. Don't do anything the hard way.

**PISCES**
**FEB 19-MARCH 20**
Be creative when pressured by money worries. Taking a cost-conscious approach will work best. Someone will trust your instincts.

OTTAWA'S ONLY DRUM SHOP
390 Gladstone Ave.
Ottawa, ON K2P 0Z1
Mon-Wed 10am-6pm
Thurs & Fri 10am-8pm
Sat 10am-5pm
Dave's DRUM SHOP Inc.
Toll Free 1 866 553 DRUM
613-594-DRUM
that's 613-594-3786
www.davesdrumshop.com

FLIGHT CENTRE Unbeatable
LAS VEGAS
$95*
Imperial Palace
+ taxes & fees $230
INCLUDES roundtrip airfare and 4 nights 3-star accom on the Las Vegas Strip. Departs Jan 26/swg/wg. UPGRADE to 4.5-star NY-NY from $15 per night.
1 866 720 4853 | flightcentre.ca
Conditions apply. *Ex. Montreal. Package price is per person, based on double occupancy. Prices are subject to availability at advertising deadline. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, GST and fuel supplements and are approximate and subject to change. swg/wg=sunwing. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384
TICO

# get inspired

**There is something for everyone at the SOLOWAY JCC**

**With a state-of-the-art fitness centre, indoor salt water swimming pool, outdoor pool, steam rooms, sauna, squash, racquetball and basketball, the Soloway Jewish Community Centre is a great place for the entire family.**

**With over 40 heart-pumping fitness classes, Heartwise programs, Pilates, Yoga and Spinning there is something for every fitness level.**

**So much more than just the best place to get in shape, the Soloway JCC offers swimming lessons, art classes, summer camps and dance, plus cultural and adult programs for every interest.**

## JOIN THE BEST FITNESS FACILITY IN TOWN

# JOIN THE SOLOWAY JCC TODAY!

| | | |
|---|---|---|
| YOUNG FAMILY $64 MONTHLY | SINGLE PARENT $59 MONTHLY | FULL TIME STUDENT $31 MONTHLY |
| FAMILY $80 MONTHLY | YOUNG ADULT $37 MONTHLY | SENIOR COUPLE $57 MONTHLY |

BECOME A MEMBER IN JANUARY AND

**SAVE THE GST**

Offer valid for new members only. Valid until January 31, 2009.

**613.798.9818 EXT. 233 • WWW.JCCOTTAWA.COM**

21 Nadolny Sachs Private • One block South of Carlingwood Avenue and Broadview